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The Body's Four Warning Signs to Prevent You Getting Sick

Understanding four simple messages could prevent heart attacks and cancer

discussion topic

It's a dangerous world out there, so we do our best to minimize the risks; we lock our car doors when we drive, we bolt our front doors when we get home, we check our windows are fastened before we go to bed. But why aren't we minimizing the risks to our health? New studies have shown that our bodies give us four very simple warning signs, which if paid attention to, could prevent virtually every heart attack, and preclude cancer altogether.

talking points

- You say in your book that both cancer and almost every heart attack is preventable. Is such an amazing feat really possible?
- This could be the difference between life and death. Why do you think our doctor's aren't telling us about this?
- Cancer can take five years to grow the size of a pinhead. So obviously early detection is not waiting to feel a lump.
- What are the four simple body gauges that help you detect disease before it starts?
- So are you saying that we ought to take a more active role and instead of waiting for our doctor to tell us, we ought to tell our doctor what he should be doing?
- Surely these tests you mention are expensive. Won't it cost people a lot to undergo such procedures?
- You have been practicing for over 30 years now and are the head practitioner at the The Martin Clinic. What is the passion that keeps you in the field?

topic overview

Of all the people we trust in life, our doctor is probably the one we put most of our faith in. We expect him to advise us, call the shots, and keep us out of harm's way. But what if they aren't telling us everything we ought to know, wouldn't that be putting us at risk? Obviously it would be churlish to suggest that our primary care physician is trying to harm us, but should we be taking a more pro-active role in our own health and well being, as opposed to waiting for the doctor to give us instructions? This is what Dr. Anthony Martin is calling into question in his new book "Medical Crisis: Secrets Your Doctor Won't Share With you."

Perhaps one of the starkest examples Dr. Martin highlights is that of our Doctors urging us to check for lumps in order to catch cancer before it is too late. "People are given the idea that cancer development happens overnight." He says. "Our doctors urge us to check our bodies by way of early detection. Look at the tip of a ballpoint pen; do you know how long it takes for cancer to grow to that size? Five years. Obviously waiting until you feel a lump is not early detection!"

So it would appear that we need an earlier warning system than those our doctors are suggesting we use, but what are they and why aren't our doctors telling us? Dr. Martin says that our bodies do in fact give us four very clear indicators that things are amiss – not unlike when a car tells you it is low on fuel by a winking light on the dashboard. "It's exactly the same," he grins, "of course we all recognize when our bodies need fuel because our stomach rumbles, but most people have not been told how to read the other signs our bodies give us; the ones that will affect our health well into the future. There are only four so it's very easy."

By seeing the signs, and acting on them we could prevent virtually every heart attack, every case of breast or prostate cancer, even arrest the development of arthritis and Alzheimer's. If our doctors aren't going to look for us, we'd better start looking ourselves.

about dr. anthony martin

Dr. Martin is a certified as a Natural Medicine Practitioner and qualified chiropractor. He is a respected and renowned nutraceutical consultant, nutritional practitioner, author and medical spokesperson. He is a world famous research leader in the fields of Chronic Fatigue Syndrome, Fibromyalgia and environmental toxins and has spoken at seminars across the United States, Canada, France, China and South Korea. Dr. Martin is also a frequent guest on television and radio across the US and Canada, where he also hosts his own radio show "Ask The Doctor." He heads up his own practice, The Martin Clinic, in Sudbury, Ontario and is passionate on educating people about the importance of proper nutrition. He says his personal purpose in life is to help people regain their health. Dr. Anthony Martin's website can be found at www.drmartin.ca

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